

**Amendments to the Claims:**

This listing of claims will replace all prior versions, and listings, of claims in the application:

1. (currently amended) A method for reducing the number and severity of acne lesions on the skin of a mammal comprising the step of administering a sensory regimen in an amount effective to downregulate the activity of the HPA axis of said mammal ~~in combination with the administration of an anti-acne composition comprising an anti-acne agent~~; wherein said sensory regimen comprises at least two stimuli selected from the group consisting of auditory stimuli, visual stimuli, tactile stimuli, gustatory stimuli and olfactory stimuli, ~~and combinations thereof~~ and is effective to downregulate the activity of the HPA axis and wherein said activity of the HPA axis is downregulated by at least one of the following methods: (1) reducing the amount of total daily adrenocortical hormone; (2) reducing adrenocortical hormone at any time point in the period from about 4 to about 8 hours following morning waking; (3) reducing the total daily adrenocortical hormone minus the integrative measure of morning peak adrenocortical hormone, wherein said regimen is free of the administration of an anti-acne composition.

Claims 2-7. (currently canceled)

8. (canceled)

9. (canceled)

10. (previously submitted) A method according to claim 9, wherein the sensory regimen includes visual stimuli comprising soft lighting.

11. (previously submitted) A method according to claim 10, wherein the sensory regimen includes auditory stimuli comprising music.

12. (original) A method according to claim 1, wherein the sensory regimen is administered daily for at least one week and comprises olfactory stimuli comprising soaking in a bath fragranced with a relaxing fragrance in combination with auditory stimuli comprising listening to relaxing music.

13. (previously submitted) A method according to claim 12, wherein the sensory regimen includes visual stimuli comprising soft lighting.

14. (original) A method according to claim 1, wherein the reduced activity of the HPA axis results in a reduction in adrenocortical hormone levels of said mammal.

15. (original) A method of improving the quality of life of an individual by use of the method of claim 1.

Claims 16-53 canceled.